

# Freak It

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Ryan Pearson (UK)  
音樂: Mambo Mambo - Lou Bega



## ROCK FORWARD AND BACK, ¼ TURN LEFT, CHASSE LEFT

1-2      Rock forward on right foot, recover weight. Back onto left  
3-4      Rock back on right foot, recover weight onto left  
5-6      Step forward on right foot and pivot ¼ turn left, touch left toe beside right  
7&8      Step left foot to left side, close right beside left, step left foot to left side

## SYNCOPATED TOE TOUCHES, STEP BEHIND, SIDE IN FRONT TWICE

1&2      Touch right toe to right side, touch right toe in place, touch right toe to right side  
3&4      Cross right behind left, step left foot to left side, cross right over left  
5&6      Touch left toe to left side, touch left toe in place, touch left toe to left side  
7&8      Cross left behind right, step right foot to right side, cross left over right

## MAMBO ROCKS FORWARD AND BACK, ROCK STEP, TRIPLE ½ TURN RIGHT

1&2      Rock forward on right foot, recover weight onto left, step right foot next to left  
3&4      Rock back on left foot, recover weight onto right, step left foot next to right  
5-6      Rock forward on right, recover weight back onto left,  
7&8      Make ½ turn right stepping right, left, right

## LEAN LEFT SHIMMY, LEAN RIGHT SHIMMY

1&2      Step left foot to left side, shimmy, lean left taking weight,  
3&4      Shimmy right bringing left foot back in place taking weight on left  
5&6      Step right foot to right side, shimmy, lean right taking weight  
7&8      Shimmy left bringing right foot back in place taking weight on right

## LEFT AND RIGHT DIAGONAL STEPS FORWARD, BACK

&1-2      Step left foot forward to left diagonal, touch right next to left, hold  
&3-4      Step right foot forward to right diagonal, touch left toe next to right, hold  
&5-6      Step left foot diagonally back, touch right toe next to left, hold  
&7-8      Step right foot diagonally back, touch left toe next to right, hold

## LEFT GRAPEVINE WITH ¼ TURN, KICK, WALK BACK, TOUCH

1-2      Step left foot to left side, cross right foot behind left  
3-4      Step left foot to left side making ¼ turn left, kick right foot forward  
5-8      Walk back right, left, right, touch left toe back

## ½ TURN LEFT TWICE, STEP CLAP, SHIMMY

1-2      Step left foot forward, pivot ½ turn right  
3-4      Step left foot forward, pivot ½ turn right,  
&5-6      Step left foot forward, step right beside left, clap  
7&8      Shimmy down and up on the spot

## ROCK STEP, SHUFFLE BACK, TOUCH, KICK SWEEP ¾ TURN LEFT

1-2      Rock forward on right foot, recover weight back onto left  
3&4      Shuffle back right, left, right  
5-6      Touch left toe next to right, kick left foot forward  
7-8      Sweep left foot behind right making ¾ turn left

REPEAT

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